

Longwood 50+ Center

July 2015

Hours: Monday through Friday 9:00am – 2:00pm

longwoodsc@howardcountymd.gov

www.howardcountyaging.org

6150 Foreland Garth

Columbia MD 21045

410-313-7217

Director: Kathy Wehr



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chinese Exercise 9:00am Asian Lunch 12Noon Ping Pong & Games 1:00-4:00pm 1	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 2	Center Closed For July 4th Holiday 3
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 6	Chinese Exercise 9:00am Yoga 10:00am “Walk to be Fit” 11:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 7	Chinese Exercise 9:00am Bingo 10:30am Lunch 12Noon Ping Pong & Games 1:00-4:00pm 8	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12Noon Ping Pong & Games 1:30-3:00pm 9	Center Closed 10
Chinese Exercise 9:00am Lunch 12Noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 13	Chinese Exercise 9:00am Yoga 10:00am “Walk to be Fit” 11:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 14	Chinese Exercise 9:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 15	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 16	Chinese Exercise 9:00am Lunch 12Noon Blood Pressure Screening 10:00am 17
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 20	Chinese Exercise 9:00am Yoga 10:00am “Walk to be Fit” 11:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 21	Chinese Exercise 9:00am Lunch 12Noon Ping Pong & Games 1:00-4:00pm 22	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 23	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Pizza Lunch 12Noon 24
Chinese Exercise 9:00am Lunch 12noon Line Dance 1:00pm Ping Pong & Games 2:00-4:00pm 27	Chinese Exercise 9:00am Yoga 10:00am “Walk to be Fit” 11:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 28	Chinese Exercise 9:00am Lunch 12Noon Ping Pong & Games 1:00-4:00pm 29	Chinese Exercise 9:00am “Walk to be Fit” 10:00am Lunch 12noon Ping Pong & Games 1:00-3:00pm 30	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Art with Joyce 10:30am 31

